

**MINUTES OF THE BOARD OF DIRECTORS  
PARKINSON'S SUPPORT GROUP OF SONOMA COUNTY**

February 19, 2020

**Members Present:**

Nancy Wilson, Tess Lorraine, Marie Kay Hansen, Susanna Kraus, Bill Jordon, Marc Alexander, Meg Alexander, Patrick Hardman, Cheryl Fox

**Absent:** Sandy Barrett, John Hamilton, Judy Deas

**Guest:** Jay Bell

**CALL TO ORDER:**

The regular meeting of the Board of Directors of the Parkinson's Support Group of Sonoma County [PSGSC] was called to order by the Chair, Nancy Wilson at 10:00 a.m.

Nancy introduced our guest Jay Bell. Jay is an expert videographer and editor. He has volunteered to work on posting videos of our monthly speakers' talks on our website. They would be YouTube videos. We will need to develop Consent Forms from our Speakers going forward.

**APPROVAL OF THE MINUTES:**

A motion to approve the minutes was made by Cheryl and seconded by Patrick. They were approved unanimously.

**TREASURERS REPORT:**

Nancy Reviewed the Treasurer's Report from Teresa Burris:

**January Profit & Loss**

**Income:** Donations received from the Appeal letter totaled \$1,825.00 (\$1,000 of which was a donation from Tom & Mary Reed); Donation Jar Income \$285.00; Oliver's Community Card \$3.96; Interest \$.87  
Total Income for the month = \$2,114.83.

**Expenses:** Dance Class Expense \$772.00; Bookkeeping Expense \$212.50; Administrative Expense of \$24.95, which is the annual filing fee of Tax Form 1099 to vendors; Facilities Rental \$450.00 (which also includes the \$300 yearly storage rental fee); Annual mailbox rental fee \$200.00; Meeting Setup/Takedown \$50.00; Guest speaker (Louise Aronson) expense \$100.00; Reimbursement to Karen French for the Christmas party expenses \$116.68; Printing/Copying \$37.89;  
Total expenses = \$1,964.02.

**Net Income for January** is \$150.81.

**Balance Sheet**

Cash accounts total \$35,947.32.

**Budget**

A Budget for 2020 has not yet been prepared.

## **BOARD BUSINESS:**

### **PROGRAMS:**

**2020 Speakers:** Marc reported:

There was a general discussion of the last meeting [George Triadafilopoulos, MD, Stanford, "Parkinson's Disease and the Gut"]. The turnout was excellent - over 100 people, all chairs taken. He provided the group with much fresh information, and the discussion was lively. The slides from his talk are on our website. The doctor has a video that comes highly recommended.

YouTube *interview*: <https://www.youtube.com/watch?v=d5oFT2wCcBA/>

March 14: Barbara Corinblit: "Speech Therapy", Marc will get a "teaser" to Nancy two weeks in advance to go out with the meeting announcement.

April 11: Dance Demonstration: Torri Campbell & Brigid Hoag;  
Yoga Demonstration: Brenda Kobrin The Board was reminded that Rob Ellis, the most adept and creative pianist, has moved out of the area.

May 9: Robert Leavitt & Sarina Ferguson: "LSVT-BIG". Patrick will be on vacation for this meeting. Cheryl Fox agreed to learn the A-V protocol in March & April to be read to substitute for Patrick.

June 13: Dr. Phil Grob: "Cannabis" It was decided to shift the program previewing the fall conference to the August date.

July 11: Independence Picnic: Suzanne volunteered her husband who loves to grill. The same people who helped in the kitchen last year will help again.

August 8: Tess Lorraine: End of Life Conversations plus preview of September one-day conference now in planning stages.

September 12: Robert Leavitt: "Balance & Gait Issues"

October 10: Steve Blake: "Nutrition"

November 14:

December 12: Holiday Party

\*Ongoing: Reading Being Mortal by Atul Gawande + Film

**Dance Class & Singing Class:** Nancy: Contracts signed. Dance class needs public relations. Hopefully, the April Monthly Meeting will encourage more members to participate.

**Caregivers:** Marie Kay: Meetings on 2nd Tuesday and 4th Thursday.  
January 18, 2020 talk was well attended: 23 participants. The rented room at the church worked well as a place for the event. Can be considered for future similar events.

Marie Kay will be hosting a “viewing party” at her home for a webinar from the Parkinson’s Foundation Care Partners Summit, May 19, 2020. For the past two months Helen Medsger has been leading a fourth breakout group for PD caregivers whose partners have atypical PD.

**Speech Class:** Marc: About six participants. Appreciated by attendees and going well. Barbara is now thinking about making drop-in an option for people who have previous speech therapy training.

**Exercise Class:** Bill Jordan: Flyers for all PD related Exercise programs have been duplicated and are available on the sign-in table at Monthly Meetings.

### **September Conference / Crossroads: End of Life Choices**

Note: a detailed email was sent to all Board members by Cheryl with an update on the conference planning in advance of the meeting.

The Board held a general discussion about the development of plans.

Planning Group will meet on March 18, 2020.

Other Business:

Facilitators for the Breakout Groups: Tess Lorraine will help us train facilitators for both caregivers and people with Parkinson’s groups.

Publicity: Susanna Kraus and Karen French are making visits to medical offices, PT, OT, other services to deliver our brochure, ParkinsonWise flyer and Dance postcard. The Board authorized Nancy to make 500 copies of the current brochure, since they are needed before we can get a new one designed.

New Volunteers: We continue to request assistance from our group. An announcement will be made at each Monthly Meeting for people to consider how they might help the group.

### **Calendar for Year:**

**Mary’s Pizza Shack:** Nancy to request date for fundraiser later in the year.

**Human Race:** 5/2/20. Nancy will contact Mike Siegel to see if he will oversee this event again.

**Senior Expo:** 4/4/20. We will plan to have a presence there. (Note: Postponed)

**Sebastopol Senior Fair:** 5/30/20. We will plan to have a presence there.

**Adjournment:** There being no further business, the Board was adjourned at 12:00 p.m. The next meeting will be March 18, 2020, 10:00 a.m. at the Sunrise Villa Santa Rosa.

Respectfully submitted,  
Meg Alexander, Recording Secretary